In the Claims

1. A method of making an adhesive binder strip having a reduced transverse curl, said method comprising:

providing an elongated substrate having a longitudinal axis and transverse axis normal to the longitudinal axis;

applying a layer of molten, heated-activated adhesive over a surface of the substrate;

cooling the layer of molten adhesive so that the layer is in a solid state; and

subsequent to the cooling and prior to application of the binder strip to a stack to be bound, mechanically deforming a surface of the layer of adhesive to a degree such that curling of the binder strip along the transverse axis is substantially reduced.

2. An adhesive binder strip made in accordance with the method of Claim 1.

3. The method of Claim 1 wherein the mechanically deforming includes applying multiple grooves to the surface of the layer of adhesive.

4. An adhesive binder strip made in accordance with the method of Claim 2.

5. The method of Claim 3 wherein the multiple grooves are applied in a direction substantially parallel to the longitudinal axis of the binder strip.

6. An adhesive binder strip for binding a stack of sheets comprising:

an elongated substrate having a longitudinal axis and a transverse axis normal to the longitudinal axis; and

a layer of heat activated adhesive disposed on a surface of the substrate, with the layer having an exposed surface containing deformities of a sufficient magnitude to substantially reduce curling of the binder strip along the longitudinal axis.

7. The adhesive binder strip of Claim 6 wherein the mechanical deformities include a multiplicity of grooves formed in the exposed surface.

8. The adhesive binder strip of Claim 7 wherein the grooves extend at least 20% of the way through the total thickness of the adhesive layer.

9. The adhesive binder strip of Claim 8 wherein the grooves are disposed in directions substantially parallel to the longitudinal axis.

10. The adhesive binder strip of Claim 6 wherein the mechanical deformities include a multiplicity of punctures in the exposed surface.

11. A method of binding a stack of sheets using a binding machine, said method comprising:

providing an elongated substrate having a longitudinal axis and transverse axis normal to the longitudinal axis;

applying a layer of molten, heated-activated adhesive over a surface of the substrate;

cooling the layer of molten adhesive so that the adhesive layer is in a solid state;

mechanically deforming an exposed surface of the layer to an extent such that curling of the substrate about the transverse axis is substantially reduced, thereby forming a binder strip; and

subsequent to the mechanically deforming, applying the binder strip to a stack of sheets using a binding machine.

12. A binder strip formed in accordance with the method of Claim 11.

13. A method of making an adhesive binder strip having a reduced transverse curl, said method comprising:

providing an elongated substrate having a longitudinal axis and transverse axis normal to the longitudinal axis;

applying a layer of molten, heated-activated adhesive over a surface of the substrate;

cooling the layer of molten adhesive so that the adhesive layer is in a solid state; and

subsequent to the cooling, forming a multiplicity of grooves in an exposed surface of the adhesive layer.

14. A binder strip made in accordance with the method of Claim 13.

15. A method of making an adhesive binder strip having a reduced transverse curl, said method comprising:

providing an elongated substrate having a longitudinal axis and transverse axis normal to the longitudinal axis;

applying a layer of molten, heated-activated adhesive over a surface of the substrate;

cooling the layer of molten adhesive so that the adhesive layer is in a solid state; and

subsequent to the cooling, forming a multiplicity of punctures in an exposed surface of the adhesive layer.

16. A binder strip made in accordance with the method of Claim 15.

17. A method of making an adhesive binder strip having a reduced transverse curl, said method comprising:

providing an elongated substrate having a longitudinal axis and transverse axis normal to the longitudinal axis;

applying a layer of molten, heated-activated adhesive over a surface of the substrate;

cooling the layer of molten adhesive so that the adhesive layer is in a solid state; and

subsequent to the cooling, forming a multiplicity of grooves in an exposed surface of the adhesive layer, with the grooves extending at least 20% of the way through the thickness of the adhesive layer.

18. A binder strip made in accordance with the method of Claim 17.

19. An adhesive binder strip for binding a stack of sheets comprising:

an elongated substrate having a longitudinal axis and a transverse axis normal to the longitudinal axis; and

a layer of heat activated adhesive disposed on a surface of the substrate, with the layer having a multiplicity of grooves formed in an exposed surface which extend at least 20% of the way through a thickness of the layer of adhesive.